



# City of Lake Forest Senior Scene

[www.lakeforestca.gov/seniors/](http://www.lakeforestca.gov/seniors/)

## AGE WELL SENIOR SERVICES ANNOUNCES EMERGENCY FUNDS AVAILABLE TO SENIORS

SCAN has donated \$15,000 to Age Well Senior Services to assist seniors in financial hardship.

The donation can be used for medications and utilities with a yearly limit of \$500 per person.

Wells Fargo donated \$5,000 to help seniors who have problems with their mortgage, rent, or to help them stay in their home.

**For additional information and eligibility, contact Age Well Senior Services at (949) 855-8033.**

## Jul / Aug / Sep 11

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Happening?

### SENIOR SCENE

#### CLUBHOUSE HOURS

Monday thru Thursday  
10:00 AM – 2:00 PM

## HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day. Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation. Reservations are not required for seminars.

### MINI EXCURSION REGISTRATION

#### July

Lake Forest Residents:  
**Wed, July 6, 12 noon**

Non-Residents:  
Thurs, July 7

#### August

Lake Forest Residents:  
**Wed, August 3, 12 noon**

Non-Residents:  
Thurs, August 4

#### September

Lake Forest Residents:  
**Wed, Sept 7, 12 noon**

Non-Residents:  
Thurs, Sept 8

## JULY MINI EXCURSIONS

### Big Shot's Billiards • Lake Forest

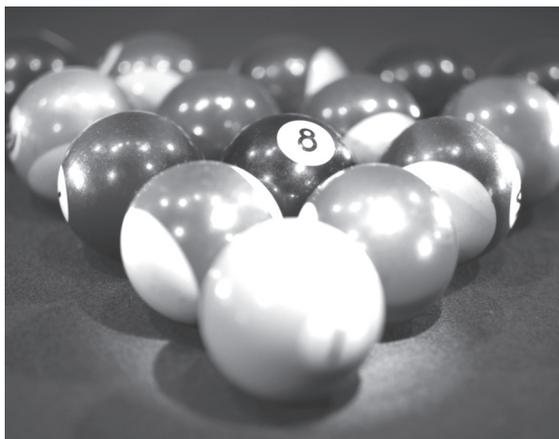
Tuesday, July 12

11:30 AM-2:00 PM

Fee: \$7.50 per person (includes lunch & billiards)

Rack em up! Enjoy lunch (2 slices of pepperoni pizza, side salad, and beverage) and unlimited pool. If you've never played or it's been awhile since you've played, either way

you'll have fun. Staff can show you some pointers (maybe not so much)!



**Whitaker-Jaynes Estate & Bacon House Museums • Buena Park**  
Wednesday, July 20  
10:00 AM-12:30 PM  
Fee: Free



A docent will provide a brochure of the houses where you will tour these historical landmarks

on your own. The Whitaker-Jaynes house was built in 1887 coinciding with the history and development of Buena Park. The Bacon House was built about 1884 by a squatter in a remote area of Abel Stearn's Rancho Los Coyotes. Both houses were moved in 1994 to become the cornerstones of the newly established Historical District. **Note: Considerable walking.**

# AUGUST MINI EXCURSIONS

**Lunch at Cook's Corner •  
Trabuco Canyon  
Wednesday, August 10  
11:00 AM-1:30 PM  
Fee: Pay for your lunch  
(approx. \$10)**



The infamous Cook's Corner was built in 1884, and in 1926 a cabin was made into a restaurant for miners and local ranchers. In 1946, EJ Cook bought an old mess hall from the Santa Ana Army Air Base and the tavern was born. Enjoy a tasty lunch from the menu (burgers, sandwiches, tacos, burritos, salads, and appetizers) or bring your lunch.

**Shop and Dine •  
Lake Forest  
Tuesday, August 23  
10:00 AM-1:30 PM  
Fee: Free**

First stop...Walmart!  
Second stop...99 Cent store!  
Now that you've worked up an appetite, your "third stop" is the food court at the Foothill Ranch Towne Center. Lunch is on your own or bring a lunch!

# SEPTEMBER MINI EXCURSIONS

**OC Sheriff's Dept.  
Harbor Patrol Tour •  
Newport Beach  
Wednesday, September 14  
10:00 AM-2:00 PM  
Fee: Free**

Back by popular demand! Learn the daily routine of patrolling Newport Beach Harbor (now that's the type of job to have). You'll board a harbor patrol boat and if weather permits, cruise the Harbor. **Note: Rubber-soled shoes required.**

**BBQ at Etnies  
Skatepark of Lake  
Forest • Lake Forest  
Wednesday,  
September 28  
11:00 AM-2:00 PM  
Fee: Free**



We are so proud of our skatepark expansion (approx. 13,000 square feet) making it one of the largest in the nation...all 60,000 square feet of it! Skatepark staff will BBQ hot dogs, play some games, and have a good old time! If you're skateboarding, don't forget your pads and helmet!

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# SEMINARS

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## July

### Gout Symptoms and Treatment

Thurs, July 21  
11:15 AM

What causes Gout? Gout can affect anyone...signs and symptoms of Gout are almost always acute, occurring suddenly, often at night, and without warning.

Join Dr. Wass as he discusses symptoms and treatments.

## August

### Keeping Yourself Safe

Thurs, August 18  
11:15 AM

Learn how to be "proactive" and not "reactive" as Deputy Richard Nelson shares tips to keep you, your identity, and your home safe.

Come with lots of questions...Deputy Nelson will have the answers!

## September

### Ask the Pharmacist

Thurs, September 22  
11:15 AM

Ask the Pharmacist (from the newly opened Walgreens in Foothill Ranch) questions about new medications that you've read or heard about, over-the-counter medicines (are some better than others?), and generic prescriptions... some say there's no difference?

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# CRAFTY CRAFTERS

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Due to the popularity of this program, you must register downstairs for all craft classes or by calling 461-3408. Crafts may change due to availability of supplies.

## WE CARE CARDS

Thanks to you and your efforts we have a phenomenal surplus of greeting cards and messages for our armed forces and Veterans Hospital.

## INSPIRATIONAL BLOCK

Tuesday, July 19 • 10:30 AM

Let's just say for the record, this will be an awesome craft! We'll provide the wooden block and you will provide the words (Love, Laugh, Live! If I were making a block for my son...I would choose the word Think...)

## CREATE YOUR OWN CARDS

Monday, August 8 • 11:00 AM-12:30 PM

Staff will set up all the materials and die cuts for you to make your own birthday, thank you, or blank greeting cards. It's really nice to have cards on hand...especially ones that you've created!

## ZEN GARDEN

Tuesday, August 16 • 10:30 AM

We'll supply the sand, tray, rocks, and a raking tool...then you will create your own Zen Garden for your table. Meditation not required!

## TREASURE BOX

Tuesday, September 20 • 10:30 AM

We always need a box to place our thingies: clips, stamps, jewelry, or anything else. We'll supply the box and materials...you supply your thingies.

# CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

## DISCOVER THE EXCITEMENT!

### "WII" BOWLING LEAGUE

**Every Monday • 12:30 PM**

#### Community Room A

Drop by and play a game of "Wii" Bowling. Come on try it. If you are not familiar with Wii Bowling, it's all done in front of a TV! *Not offered on Bingo Mania days.*

### KNOTTY KNITTERS

**Every Wednesday**

**10:00 AM-12:00 PM**

#### Community Room A

An informal group aka Knotty Knitters gets together on Wednesdays with their projects...they knit a little and laugh a lot!

### BAGELS & BINGO

**10:30 AM**

Tue, July 5

Tue, August 2

Tue, September 6

### CHAT WITH PAT

**11:30 AM-12:30 PM**

Wed, July 6

Wed, August 3

Wed, September 7

Are you new to the area? Looking for a doctor who specializes in senior issues? If so, Pat Huckabay (Monarch HealthCare) will discuss the options available to you.

### BOCCE BALL GAMES

**10:30 AM**

Mon, July 11

Tue, August 9

Tue, September 13

### BINGO MANIA

**11:00 AM**

Mon, July 18

Mon, August 15

Mon, September 19

### SCRABBLE GAMES

**10:30 AM**

Wed, July 20

Wed, August 17

Wed, September 21

### RUMMIKUB TOURNAMENT

**10:30 AM**

Tue, July 26

Tue, August 30

Tue, September 27

Have you played Rummikub before? It's very similar to Gin Rummy. But instead of using a deck of cards you play with tiles! If you don't know how to play, we'll show you!

### BIRTHDAY CELEBRATIONS

**11:30 AM**

Thu, July 28

Thu, August 25

Thu, September 29

### MAHJONG MONDAYS AND WEDNESDAYS

**10:30 AM-2:00 PM**

Every Monday and Wednesday

### COUPON SWAP

Drop off your coupons and pick some up when the clubhouse is open.

### DROP-IN COMPUTER LAB Mon-Thu • 10:00 AM-2:00 PM

Throughout the year the Computer Lab (Training Room) is used for in-house training or computer classes, so availability may be limited at certain times.

## Don't Miss Out!

### VACCINATION CLINIC

**Thursday, September 22  
10:00 AM-2:00 PM**

The City of Lake Forest and Walgreens are partnering together to offer free flu and pneumonia vaccinations to Medicare recipients. Non-recipients' fees: Flu – \$29.99 and Pneumonia – \$71.99.

# LEGEND

SUN

MON

TUE

CH

**City Hall**

25550 Commercentre Dr.  
949.461.3400

CC

**Community Center**

25550 Commercentre Dr.  
949.461.3450

CC-A

**Community Center  
Room A**

CC-B

**Community Center  
Room B**

CC-AR

**Community Center  
Activities Room**

CC-TR

**Community Center  
Training Room**

CC-L

**Community Center  
Lounge**

ETL

**El Toro Library**

24672 Raymond Way  
949.855.8173

LFBTC

**Lake Forest Beach &  
Tennis Club**

22921 Ridge Route Dr.  
949.837.6100

LFGPC

**Lake Forest Golf &  
Practice Center**

23308 Cherry Ave.  
949.859.1455

FL

**Forest Lanes**

22771 Centre Drive  
949.770.0055

SDCCC

**Santiago de  
Compostela**

**Community Center**  
21682 Lake Forest Dr.  
949.951.8599

**S&S Club**

**Sun & Sail Club**

24752 Toledo Way  
949.586.0860

IVC

**Irvine Valley College**

23308 Cherry Ave.  
949.451.5555



# JULY

<b>3</b>	<b>4</b> <b>INDEPENDENCE DAY</b>  <b>10:00 AM</b> <b>4TH OF JULY PARADE</b> <b>(begins at El Toro High School)</b>  <b>CITY HALL AND</b> <b>CLUBHOUSE CLOSED</b>	<b>5</b>  <b>10:00 AM</b> Drop-In Computer Lab (CC-TR) <b>10:30 AM</b> <b>Bagels &amp; Bingo (CC-A)</b> <b>11:30 AM</b> <b>Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM</b> Dyna Band (CC-B) <b>2:00 PM</b> Aquatic Fitness (LFBTC)  <b>Cold Box Lunch</b>
<b>10</b>	<b>11</b>  <b>10:00 AM</b> Drop-In Computer Lab (CC-TR) <b>10:30 AM</b> <b>Mahjong (CC-A)</b> <b>10:30 AM</b> <b>Bocce Ball</b> <b>11:30 AM</b> <b>Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM</b> <b>"Wii" Bowling League (CC-A)</b> <b>1:00 PM</b> Advanced Creative Writing (ETL)  <b>Cold Box Lunch</b>	<b>12</b>  <b>10:00 AM</b> <b>HiCap Appointments</b> <b>10:00 AM</b> Drop-In Computer Lab (CC-TR) <b>11:30 AM</b> <b>Mini Excursion –</b> <b>Big Shot's Billiards</b> <b>11:30 AM</b> <b>Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM</b> Dyna Band (CC-B) <b>2:00 PM</b> Aquatic Fitness (LFBTC)  <b>Cold Box Lunch</b>
<b>17</b>	<b>18</b>  <b>10:00 AM</b> Drop-In Computer Lab (CC-TR) <b>10:30 AM</b> <b>Mahjong (CC-A)</b> <b>11:00 AM</b> <b>Bingo Mania (CC-A)</b> <b>11:30 AM</b> <b>Cold Box Lunch Program (CC-A)</b>  <b>1:00 PM</b> Advanced Creative Writing (ETL)  <b>Cold Box Lunch</b>	<b>19</b>  <b>10:00 AM</b> Drop-In Computer Lab (CC-TR) <b>10:30 AM</b> <b>Crafts – Inspirational</b> <b>Block (CC-AR)</b> <b>11:30 AM</b> <b>Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM</b> Dyna Band (CC-B)  <b>Cold Box Lunch</b>
<b>24</b>  <b>5:30 PM</b> <b>Concert Series</b> <b>at Pittsford Park</b> <b>– Wanted and</b> <b>Kina Grannis</b>	<b>25</b>  <b>10:00 AM</b> Drop-In Computer Lab (CC-TR) <b>10:30 AM</b> <b>Mahjong (CC-A)</b> <b>11:30 AM</b> <b>Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM</b> <b>"Wii" Bowling League (CC-A)</b> <b>1:00 PM</b> Advanced Creative Writing (ETL)  <b>Cold Box Lunch</b>	<b>26</b>  <b>10:00 AM</b> Drop-In Computer Lab (CC-TR) <b>10:30 AM</b> <b>Rummikub Tournament (CC-A)</b> <b>11:30 AM</b> <b>Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM</b> Dyna Band (CC-B)  <b>Cold Box Lunch</b>
<b>31</b>	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>

WED

THU

FRI / SAT

**FRI 1**  
1:00 PM Bowling League (FL)

**SAT 2**

**6**  
9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Knotty Knitters (CC-A)**  
10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Mahjong (CC-A)**  
10:30 AM Tai Chi Ch'uan – Advanced (CC-B)  
**11:30 AM Chat with Pat (CC-A)**  
**11:30 AM Cold Box Lunch Program (CC-A)**  
  
**12:00 PM Mini Excursion Registration (CC-A)**  
1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**7**  
10:00 AM Drop-In Computer Lab (CC-TR)  
10:30 AM Bingo (CC-A&B)  
  
**12:00 PM Lunch (CC-A&B)**  
2:00 PM Aquatic Fitness (LFBTC)

**Chicken Sandwich**

**FRI 8**  
1:00 PM Bowling League (FL)

**City Hall Closed**

**SAT 9**

**13**  
9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Knotty Knitters (CC-A)**  
10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Mahjong (CC-A)**  
10:30 AM Tai Chi Ch'uan – Advanced (CC-B)  
**11:00 AM Movie Day – Little Fockers (CC-L)**  
**11:30 AM Cold Box Lunch Program (CC-A)**  
  
1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**14**  
**10:00 AM Book Discussion – The Great Gatsby (CC-EI Toro Room)**  
10:00 AM Drop-In Computer Lab (CC-TR)  
10:30 AM Bingo (CC-A&B)  
  
**12:00 PM Lunch (CC-A&B)**  
2:00 PM Aquatic Fitness (LFBTC)

**Mexican Madness**

**FRI 15**  
**8:30 AM AARP Driver Safety “Refresher” Course**  
  
1:00 PM Bowling League (FL)

**SAT 16**

**20**  
**10:00 AM Mini Excursion –Whitaker-Jaynes Estate & Bacon House**  
**10:00 AM Knotty Knitters (CC-A)**  
10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Scrabble (CC-A)**  
**10:30 AM Mahjong (CC-A)**  
**11:00 AM Movie Day – The King’s Speech (CC-L)**  
**11:30 AM Cold Box Lunch Program (CC-A)**  
1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**21**  
10:00 AM Drop-In Computer Lab (CC-TR)  
10:30 AM Bingo (CC-A&B)  
**11:15 AM Seminar – Gout Symptoms and Treatment (CC-A&B)**  
  
**12:00 PM Lunch (CC-A&B)**

**Chinese Feast**

**FRI 22**  
1:00 PM Bowling League (FL)  
**2:00 PM Excursion – Griffith Observatory**  
  
**City Hall Closed**

**SAT 23**

**27**  
**10:00 AM Knotty Knitters (CC-A)**  
10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Mahjong (CC-A)**  
**11:30 AM Cold Box Lunch Program (CC-A)**  
  
1:00 PM Yoga (CC-B)

**Cold Box Lunch**

**28**  
10:00 AM Drop-In Computer Lab (CC-TR)  
**11:30 AM Birthday Celebration (CC-A&B)**  
  
**12:00 PM Lunch (CC-A&B)**

**Deli Day**

**FRI 29**  
1:00 PM Bowling League (FL)

**SAT 30**

Jul/Aug/Sep 2011

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Senior Scene

# LEGEND

**CH**  
**City Hall**  
 25550 Commercentre Dr.  
 949.461.3400

**CC**  
**Community Center**  
 25550 Commercentre Dr.  
 949.461.3450

**CC-A**  
**Community Center**  
**Room A**

**CC-B**  
**Community Center**  
**Room B**

**CC-AR**  
**Community Center**  
**Activities Room**

**CC-TR**  
**Community Center**  
**Training Room**

**CC-L**  
**Community Center**  
**Lounge**

**ETL**  
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**LBTC**  
**Lake Forest Beach &**  
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**FL**  
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**SDCCC**  
**Santiago de**  
**Compostela**  
**Community Center**  
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 949.951.8599

**S&S Club**  
**Sun & Sail Club**  
 24752 Toledo Way  
 949.586.0860

**IVC**  
**Irvine Valley College**  
 23308 Cherry Ave.  
 949.451.5555

SUN	MON	TUE
	<b>1</b>	<b>2</b>
	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM "Wii" Bowling League (CC-A)</b> 1:00 PM Advanced Creative Writing (ETL)	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Bagels &amp; Bingo (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  12:30 PM Dyna Band (CC-B)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>7</b>	<b>8</b>	<b>9</b>
<b>3:00 PM</b> <b>Blues and BBQ</b> <b>at the Nature</b> <b>Park</b>	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:00 AM Crafts – Create Your Own Cards</b> <b>(CC-AR)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM "Wii" Bowling League (CC-A)</b> 1:00 PM Advanced Creative Writing (ETL)	<b>10:00 AM HiCap Appointments</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Bocce Ball</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:00 PM Coke Floats</b> 12:30 PM Dyna Band (CC-B)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>14</b>	<b>15</b>	<b>16</b>
<b>7:00 PM</b> <b>Concert Series</b> <b>at Pittsford</b> <b>Park – Pacific</b> <b>Symphony</b>	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:00 AM Bingo Mania (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  1:00 PM Advanced Creative Writing (ETL)	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Crafts – Zen Garden (CC-L)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>21</b>	<b>22</b>	<b>23</b>
	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM "Wii" Bowling League (CC-A)</b> 1:00 PM Advanced Creative Writing (ETL)	<b>10:00 AM Mini Excursion – Shop and Dine</b> <b>Lake Forest</b> 10:00 AM Drop-In Computer Lab (CC-TR) <b>11:30 AM Cold Box Lunch Program (CC-A)</b>
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>28</b>	<b>29</b>	<b>30</b>
	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Mahjong (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM "Wii" Bowling League (CC-A)</b>	10:00 AM Drop-In Computer Lab (CC-TR) <b>10:30 AM Rummikub Tournament (CC-A)</b> <b>11:30 AM Cold Box Lunch Program (CC-A)</b>
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>

**WED****THU****FRI / SAT****3**

**10:00 AM Knotty Knitters (CC-A)**  
 10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Mahjong (CC-A)**  
**11:30 AM Chat with Pat (CC-A)**  
**11:30 AM Cold Box Lunch Program (CC-A)**

**12:00 PM Mini Excursion Registration (CC-A)**  
 1:00 PM Yoga (CC-B)

**Cold Box Lunch****4**

10:00 AM Drop-In Computer Lab (CC-TR)  
 10:30 AM Bingo (CC-A&B)  
**11:30 AM Emeritus Class Enrollment (CC-AR)**

**12:00 PM Lunch (CC-A&B)**

**Chicken Caesar Salad****FRI****5**

1:00 PM Bowling League (FL)

**4:00 PM Happy Trails Western BBQ Dinner Dance (reservations required)**

**City Hall Closed****SAT****6****10**

**10:00 AM Knotty Knitters (CC-A)**  
 10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Mahjong (CC-A)**  
**11:00 AM Mini Excursion – Lunch at Cook’s Corner**  
**11:30 AM Cold Box Lunch Program (CC-A)**

1:00 PM Yoga (CC-B)

**Cold Box Lunch****11**

10:00 AM Drop-In Computer Lab (CC-TR)  
 10:30 AM Bingo (CC-A&B)

**12:00 PM Lunch (CC-A&B)**

**Hamburger Day****FRI****12**

1:00 PM Bowling League (FL)

**SAT****13****17**

**9:00 AM Excursion – Viejas Casino**  
**10:00 AM Knotty Knitters (CC-A)**  
 10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Scrabble (CC-A)**  
**10:30 AM Mahjong (CC-A)**  
**11:00 AM Movie Day – How Do You Know (CC-L)**  
**11:30 AM Cold Box Lunch Program (CC-A)**

**Cold Box Lunch****18**

**10:00 AM Book Discussion – Her Mother’s Hope (CC-El Toro Room)**  
 10:00 AM Drop-In Computer Lab (CC-TR)  
 10:30 AM Bingo (CC-A&B)  
**11:15 AM Seminar – Keeping Yourself Safe (CC-A&B)**

**12:00 PM Lunch (CC-A&B)**

**Chinese Feast****FRI****19**

1:00 PM Bowling League (FL)

**City Hall Closed****SAT****20****24**

**10:00 AM Knotty Knitters (CC-A)**  
 10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Mahjong (CC-A)**  
**11:30 AM Cold Box Lunch Program (CC-A)**

1:00 PM Yoga (CC-B)

**Cold Box Lunch****25**

10:00 AM Drop-In Computer Lab (CC-TR)  
 10:30 AM Bingo (CC-A&B)  
**11:30 AM Birthday Celebration (CC-A&B)**

**12:00 PM Lunch (CC-A&B)**

**Italian Day****FRI****26**

1:00 PM Bowling League (FL)

**7:00 PM Bunco or Bust (CC)****SAT****27****31**

**10:00 AM Knotty Knitters (CC-A)**  
 10:00 AM Drop-In Computer Lab (CC-TR)  
**10:30 AM Mahjong (CC-A)**  
**11:00 AM Movie Day – The Next Three Days (CC-L)**  
**11:30 AM Cold Box Lunch Program (CC-A)**

1:00 PM Yoga (CC-B)

**Cold Box Lunch****AUGUST**

# SEPTEMBER

**CH**  
**City Hall**  
 25550 Commercentre Dr.  
 949.461.3400

**CC**  
**Community Center**  
 25550 Commercentre Dr.  
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**CC-A**  
**Community Center**  
**Room A**

**CC-B**  
**Community Center**  
**Room B**

**CC-AR**  
**Community Center**  
**Activities Room**

**CC-TR**  
**Community Center**  
**Training Room**

**CC-L**  
**Community Center**  
**Lounge**

**ETL**  
**El Toro Library**  
 24672 Raymond Way  
 949.855.8173

**LFBTC**  
**Lake Forest Beach &**  
**Tennis Club**  
 22921 Ridge Route Dr.  
 949.837.6100

**LFGPC**  
**Lake Forest Golf &**  
**Practice Center**  
 23308 Cherry Ave.  
 949.859.1455

**FL**  
**Forest Lanes**  
 22771 Centre Drive  
 949.770.0055

**SDCCC**  
**Santiago de**  
**Compostela**  
**Community Center**  
 21682 Lake Forest Dr.  
 949.951.8599

**S&S Club**  
**Sun & Sail Club**  
 24752 Toledo Way  
 949.586.0860

**IVC**  
**Irvine Valley College**  
 23308 Cherry Ave.  
 949.451.5555

4	4	6
11	12	13
18	19	20
25	26	27
<p><b>LABOR DAY</b>                  (Observed)</p>  <p><b>CITY HALL</b>  <b>AND</b>  <b>CLUBHOUSE</b>  <b>CLOSED</b></p>	<p>10:00 AM Drop-In Computer Lab (CC-TR)                  10:30 AM <b>Mahjong (CC-A)</b>                  11:30 AM <b>Cold Box Lunch Program (CC-A)</b>                  12:30 PM <b>"Wii" Bowling League (CC-A)</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p>10:00 AM Pilates (S&amp;S Club)                  10:00 AM Drop-In Computer Lab (CC-TR)                  10:30 AM <b>Bagels &amp; Bingo (CC-A)</b>                  11:30 AM <b>Cold Box Lunch Program (CC-A)</b>                  12:30 PM Dyna Band (CC-B)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<p><b>GRAND</b>  <b>PARENTS</b>  <b>DAY</b></p> 	<p>10:00 AM Drop-In Computer Lab (CC-TR)                  10:30 AM <b>Mahjong (CC-A)</b>                  11:00 AM <b>Bingo Mania (CC-A)</b>                  11:30 AM <b>Cold Box Lunch Program (CC-A)</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p>10:00 AM <b>HiCap Appointments</b>                  10:00 AM Pilates (S&amp;S Club)                  10:00 AM Drop-In Computer Lab (CC-TR)                  10:30 AM <b>Bocce Ball</b>                  11:30 AM <b>Cold Box Lunch Program (CC-A)</b>                  12:00 PM <b>Ice Cream Sundaes</b>                  12:30 PM Dyna Band (CC-B)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<p>10:00 AM Drop-In Computer Lab (CC-TR)                  10:30 AM <b>Mahjong (CC-A)</b>                  11:30 AM <b>Cold Box Lunch Program (CC-A)</b>                  12:30 PM <b>"Wii" Bowling League (CC-A)</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p>10:00 AM Pilates (S&amp;S Club)                  10:00 AM Drop-In Computer Lab (CC-TR)                  10:30 AM <b>Crafts – Treasure Box (CC-AR)</b>                  11:30 AM <b>Cold Box Lunch Program (CC-A)</b>                  12:30 PM Dyna Band (CC-B)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p>10:00 AM Pilates (S&amp;S Club)                  10:00 AM Drop-In Computer Lab (CC-TR)                  10:30 AM <b>Rummikub Tournament (CC-A)</b>                  11:30 AM <b>Cold Box Lunch Program (CC-A)</b>                  12:30 PM Dyna Band (CC-B)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>

**WED****THU****FRI / SAT**

	<p style="text-align: right;"><b>1</b></p> <p>10:00 AM It's Never Too Late (S&amp;S Club)  10:00 AM Drop-In Computer Lab (CC-TR)  10:30 AM Bingo (CC-A&amp;B)  <b>11:30 AM Watermelon Eating Contest (CC-A&amp;B)</b></p> <p><b>12:00 PM Lunch (CC-A&amp;B)</b>  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Hot Diggity Dogs</b></p>	<p style="text-align: right;"><b>FRI 2</b></p> <p>1:00 PM Bowling League (FL)</p> <p><b>City Hall Closed</b></p> <hr/> <p style="text-align: right;"><b>SAT 3</b></p>
<p style="text-align: right;"><b>7</b></p> <p>9:00 AM Tai Chi Ch'uan (CC-B)  <b>10:00 AM Knotty Knitters (CC-A)</b>  10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Mahjong (CC-A)</b>  10:30 AM Tai Chi Ch'uan – Advanced (CC-B)  <b>11:30 AM Chat with Pat (CC-A)</b>  11:30 AM Social Networking Series (CC-TR)  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:00 PM Mini Excursion Registration (CC-A)</b>  1:00 PM Yoga (CC-B)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>8</b></p> <p>10:00 AM It's Never Too Late (S&amp;S Club)  10:00 AM Drop-In Computer Lab (CC-TR)  10:30 AM Bingo (CC-A&amp;B)</p> <p><b>12:00 PM Lunch (CC-A&amp;B)</b>  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Italian Day</b></p>	<p style="text-align: right;"><b>FRI 9</b></p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT 10</b></p>
<p style="text-align: right;"><b>14</b></p> <p>9:00 AM Tai Chi Ch'uan (CC-B)  <b>10:00 AM Mini Excursion – OC Sheriff's Dept. Harbor Patrol Tour</b>  <b>10:00 AM Knotty Knitters (CC-A)</b>  10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Mahjong (CC-A)</b>  10:30 AM Tai Chi Ch'uan – Advanced (CC-B)  <b>11:00 AM Movie Day – Country Strong (CC-L)</b>  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  11:30 AM Social Networking Series (CC-TR)  1:00 PM Yoga (CC-B)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>15</b></p> <p><b>10:00 AM Book Discussion – The Devil in the White City (CC-El Toro Room)</b>  10:00 AM It's Never Too Late (S&amp;S Club)  10:00 AM Drop-In Computer Lab (CC-TR)  10:30 AM Bingo (CC-A&amp;B)</p> <p><b>12:00 PM Lunch (CC-A&amp;B)</b>  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Deli Day</b></p>	<p style="text-align: right;"><b>FRI 16</b></p> <p>1:00 PM Bowling League (FL)</p> <p><b>City Hall Closed</b></p> <hr/> <p style="text-align: right;"><b>SAT 17</b></p>
<p style="text-align: right;"><b>21</b></p> <p>9:00 AM Tai Chi Ch'uan (CC-B)  <b>10:00 AM Knotty Knitters (CC-A)</b>  10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Scrabble (CC-A)</b>  <b>10:30 AM Mahjong (CC-A)</b>  10:30 AM Tai Chi Ch'uan – Advanced (CC-B)  <b>11:00 AM Movie Day – True Grit (CC-L)</b>  11:30 AM Social Networking Series (CC-TR)  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  1:00 PM Yoga (CC-B)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>22</b></p> <p><b>10:00 AM Vaccination Clinic (CC-AR)</b>  10:00 AM It's Never Too Late (S&amp;S Club)  10:00 AM Drop-In Computer Lab (CC-TR)  10:30 AM Bingo (CC-A&amp;B)  <b>11:15 AM Seminar – Ask the Pharmacist (CC-A&amp;B)</b></p> <p><b>12:00 PM Lunch (CC-A&amp;B)</b>  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Chinese Feast</b></p>	<p style="text-align: right;"><b>FRI 23</b></p> <p style="text-align: center;"><b>FIRST DAY OF AUTUMN</b></p> <p><b>8:30 AM AARP Driver Safety "Standard" Course</b></p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT 24</b></p> <p><b>8:30 AM AARP Driver Safety "Standard" Course</b></p>
<p style="text-align: right;"><b>28</b></p> <p>9:00 AM Tai Chi Ch'uan (CC-B)  <b>10:00 AM Knotty Knitters (CC-A)</b>  10:00 AM Drop-In Computer Lab (CC-TR)  <b>10:30 AM Mahjong (CC-A)</b>  10:30 AM Tai Chi Ch'uan – Advanced (CC-B)  <b>11:00 AM Mini Excursion – BBQ at Etnies Skatepark of Lake Forest</b>  11:30 AM Social Networking Series (CC-TR)  <b>11:30 AM Cold Box Lunch Program (CC-A)</b>  <b>12:30 PM Ice Cream Sundaes</b>  1:00 PM Yoga (CC-B)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>29</b></p> <p>10:00 AM It's Never Too Late (S&amp;S Club)  10:00 AM Drop-In Computer Lab (CC-TR)  <b>11:30 AM Birthday Celebration (CC-A&amp;B)</b></p> <p><b>12:00 PM Lunch (CC-A&amp;B)</b>  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Pizza Day</b></p>	<p style="text-align: right;"><b>FRI 30</b></p> <p>1:00 PM Bowling League (FL)</p> <p><b>City Hall Closed</b></p> <hr/> <p style="text-align: right;"><b>SAT OCT 1</b></p>

# GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov).

## HOT! HOT! HOT!

During the summer months (June through September) the Senior Scene Clubhouse will remain open until 4:00 PM on days of extreme heat (over 90 degrees).



**Reminder...stay hydrated at all times!**

## HAPPY TRAILS WESTERN BBQ DINNER DANCE

Friday, August 5

4:00-7:00 PM

Fee: \$7.00 per person

Hey y'all, it's boot-scootin' boogie time! Dress in your cowboy/cowgirl attire (Roy Rogers, Dale Evans, Tonto, or Trigger) and dance to Mr. DJ himself: Doug Houston! We'll serve us some tasty grub and have a knee-slappin' time.

## AARP DRIVER SAFETY "REFRESHER" COURSE

Friday, July 15

8:30 AM-1:00 PM

\$12.00 AARP Members; \$14.00 Non-Members

The "refresher course" is for individuals who have taken the course within the last four years.

## AARP DRIVER SAFETY "STANDARD" COURSE

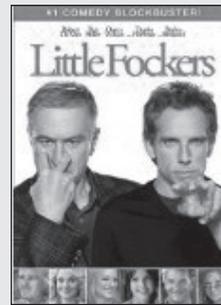
Friday/Saturday, September 23 & 24

8:30 AM-12:30 PM

\$12.00 AARP Members • \$14.00 Non-Members

If you have not taken the standard (2 days, 4 hours per class session), this is the class for you.

## July



### Little Fockers (PG-13) • July 13

Money is tight for the proud parents of twins, so Greg (Ben Stiller) takes a second job that raises the suspicions of his overbearing father-in-law, Jack (Robert De Niro).

A birthday party for the twins gives Greg an opportunity to prove to Jack that he's fully capable of providing for his family and is trustworthy.

Can Jack continue to trust Greg and stay in the circle of trust?

If you liked *Meet the Parents* and *Meet the Fockers*...you will love *Little Fockers*.



### The King's Speech (PG-13) • July 20

After the death of his father King George V and the scandalous abdication of King Edward VIII, Bertie (Colin Firth), who has suffered from a debilitating speech impediment all his life, is suddenly crowned King George VI of England. With his country on the brink of war and in desperate need of a leader, his wife, Elizabeth, arranges for her husband to see an eccentric speech therapist, Lionel Logue (Geoffrey Rush). After a rough start, the two delve into an unorthodox course of treatment and eventually form an unbreakable bond.

# MOVIE DAYS

Wednesdays • 11:00 AM • Lounge

## August



### How Do You Know

(PG-13) • August 17

Lisa (Reese Witherspoon) begins dating Matty (Owen Wilson), a Major League Baseball pitcher and notorious womanizer.

Meanwhile, terminally honest businessman George (Paul Rudd) finds himself on the road to financial ruin after being wrongly implicated in a financial crime.

As George struggles to clear his name and reconcile his turbulent relationship with his father (Jack Nicholson), a chance meeting with Lisa at the lowest point in both of their lives leaves him optimistic that things may work out after all.



### The Next Three Days

(PG-13) • August 31

John (Russell Crowe) and his wife, Lara were happily married and raising a family when their lives fell apart when Lara is charged with murder.

John files appeals while raising the children and maintaining his career. After Lara's final appeal is rejected John seeks the advice of ex-convict Damon Pennington (Liam Neeson), who staged his own daring prison escape. Later, John prepares to put his life on the line for the woman he loves, and sets his plan into motion with the knowledge that one false move could be their last.

## September

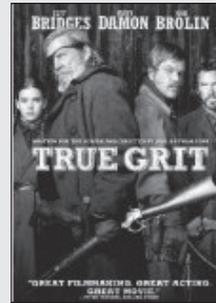


### Country Strong

(PG-13) • Sept 14

Soon after a rising young singer-songwriter (Garrett Hedlund) gets involved with a fallen, emotionally unstable country star (Gwyneth Paltrow), the pair embarks on a career resurrection tour helmed by her husband/manager (Tim McGraw) and featuring a beauty queen-turned-singer (Leighton Meester).

Between concerts, romantic entanglements and old demons threaten to derail them all.



### True Grit

(PG-13) • Sept 21

The murder of her father sends a teenage tomboy, Mattie Ross, on a mission of "justice," which involves avenging her father's death. She recruits a tough old, trigger-happy, drunken U.S. Marshal, "Rooster" Cogburn (Jeff Bridges), because he has "grit," and a reputation of getting the job done.

The two are joined by a Texas Ranger, La Boeuf, (Matt Damon), who is looking for the same man for a separate murder in Texas. Their odyssey takes them from Fort Smith, Arkansas, deep into the Indian Territory to find their man.

## SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.00 suggested donation per meal is requested. Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.



## NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

## TRANSPORTATION

**The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.**

- Reservations and cancellations – call 855-9766 at least 24 hours in advance.
- Costs are 50 cents per trip.

**For additional transportation, contact OCTA ACCESS.**

- Call ACCESS (an OCTA service) at 1-877-628-2232 at least 24 hours in advance.
- OCTA has a formal certification process that follows ADA guidelines. To request an application, please **call the ACCESS Eligibility Office at 714-560-5956** or download the application from the OCTA website: **[www.octa.net/access\\_service](http://www.octa.net/access_service)**

## HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

## CELL PHONES FOR LIFE

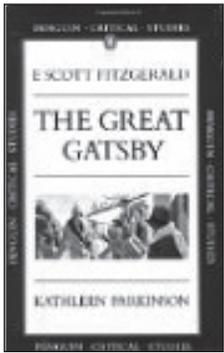
**FREE emergency cell phones for elderly and disabled individuals.** The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday from 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

# L.F. READING CIRCLE

Thursdays • 10:00 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

## July

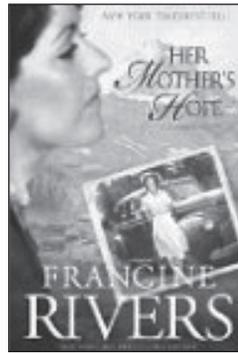


July 14

### **The Great Gatsby** by F. Scott Fitzgerald

This novel chronicles an era that Fitzgerald himself dubbed the "Jazz Age." Following the shock and chaos of World War I, American society enjoyed unprecedented levels of prosperity during the "roaring" 1920s as the economy soared. At the same time, Prohibition, the ban on the sale and manufacture of alcohol, made millionaires out of bootleggers and led to an increase in organized crime. Although Fitzgerald, like Nick Carraway in his novel, idolized the riches and glamour of the age, he was uncomfortable with the unrestrained materialism and the lack of morality that went with it.

## August



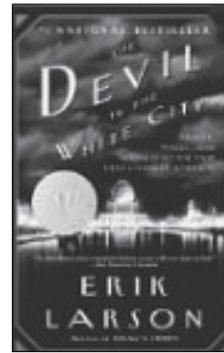
August 18

### **Her Mother's Hope** by Francine Rivers

In her father's eyes, Marta is the unfavored daughter. She's too tall, her hair is dark, and her intelligence just makes her older brother look bad.

Near the turn of the 20th century her determination to flee the bad situation, spurred on by her ambition and her mother's blessing, starts her on a lifelong journey from her homeland of Switzerland to Canada and later to Central Valley of California, encompassing two world wars. Marta's experiences convince her that only the strong survive.

## September



September 15

### **The Devil in the White City** by Erik Larson

The story's two most powerful figures, the great architect Daniel Burnham and the psychopathic killer, Henry H. Holmes, in many ways embody the opposing forces of the age.

**The Devil in the White City** is about more than just these two men.

It is about America on the threshold of the twentieth century – a time of widespread violence, fantastic wealth, growing labor unrest, and financial panic.



**City of Lake Forest Senior Scene**  
25550 Commercentre Drive  
Lake Forest, CA 92630  
949-461-3408

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# LAKE FOREST SENIOR PROGRAMS

## WHAT'S BEEN HAPPENING?



**Pechanga Casino  
Excursion –  
“W” for Winners**



**Peace, Love, and Happiness  
Quarterly Dinner**



**Volunteer  
Recognition  
Luncheon**

**City Manager Robert Dunek,  
2010 Volunteer of the Year  
Myron Drinkwater,  
and Mayor Peter Herzog**